

# NERVE POWER

## Neuromuscular differences between genders and training

When you train, you are mostly thinking about your muscles. What sort of training program you should employ to maximize your muscles' strength, size, and power gains is likely at the forefront of your mind. And though you probably realize that muscles are not the only important part of your exercise regimen to think about, that your nerves play an important part, too, you probably assume that they will be "taken care of" automatically as you train your muscles. Another thing you probably do not give much thought to is gender differences. If we combine the neuromuscular system with gender differences and how your gender might affect, say, maximal power, now we are elevating these often overlooked aspects of your physiology to the first rank of importance.



THERE ARE DIFFERENCES BETWEEN YOU, THE FEMALE, AND MALE ATHLETE YOU CANNOT SEE. THANKS TO THESE DIFFERENCES, MEN ARE ABLE TO DO MORE WORK, BUT YOU FATIGUE LESS.

### Original Research

(full citation in January issue.)

**Power Key:** gender, neuromuscular, power, speed, recovery